

# Resentment Worksheet

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Answer each question in detail and with honesty. After completing the worksheet, review your responses and use them as points for reflection.

## Identifying resentment

1. Describe a situation that made you feel resentment. Preferably something recent.

2. Who were the people involved in this situation?

3. What specifically triggered you to start feeling resentment in this situation?

## Understanding the impact of your resentment

4. How did feeling resentful affect your thoughts?

**5. What physical sensations did you experience as a result of your resentment?**

**6. How do your feelings of resentment impact your behaviors and interactions with others?**

#### **Exploring underlying emotions**

**7. What emotions did you feel as a result of your feelings of resentment?**

**8. Why do you think these emotions were present?**

#### **Patterns of resentment**

**9. Have you noticed a pattern in the situations where you feel resentment?**

**10. What are the common themes or characteristics of these situations?**

**Coping strategies**

**11. What strategies have you used in the past to cope with resentment?**

**12. How effective were these strategies?**

**13. What new strategies do you think you can try?**

*(This is optional. If you have a session with a mental health professional, you can revisit and work through these together later.)*

## Letting go of resentment

**14. Identify the steps you can take to address or let go of your resentment.**

**15. How will you implement these steps?**

*(This is optional. If you have a session with a mental health professional, you can revisit and work through these together later.)*